



National Alliance on Mental Illness

NAMI Family-to-Family

Education Program

Free education and support for families who have a relative living with mental illness

The NAMI Family-to-Family Education Program is a 12-week course for the families and friends of people who have a mental illness. The course is taught by trained family members who have lived with this experience. All course materials are free.

Many family members describe this program as *life changing*. Join the thousands of families just like yours who have gained information, insight, understanding, empowerment and hope.

The Family-to-Family Course Topics Include:

- Family responses to the trauma of mental illness
- Major mental illnesses and co-occurring disorders: diagnosis and dealing with crisis periods
- Problem solving workshop
- Biology of the brain: emerging scientific discoveries
- Medication review
- Understanding the inner experience of having a mental illness
- Communication skills workshop
- Self-care
- Recovery and rehabilitation, local services
- Advocacy: fighting stigma

SIGN UP NOW!

Fall course starting in the Waterville area

Wednesday, October 17, 2012

6:30-9:00 p.m.

For more information contact

Dave at (207) 314-4153, or

Barbara at (207) 397-2007



NAMI Maine

National Alliance on Mental Illness

1-800-464-5767

E-mail: info@namimaine.org

www.namimaine.org